**WE ARE IMPORTANT TOO...**

During this time it is so important to take care of our mental wellbeing. How many of us are trying to "hold it all together" for our families? We are trying to be mum, teacher, partner, colleague, friend and possibly still child. So many titles that during our everyday lives are hard enough to fulfil without the extra stress of the uncertain time that we are living in right now.

**So what about us? Who is looking after us?**

We can and must look after ourselves. I’m sure many of us are putting everyone else first – making sure that all “our people” are feeling reassured, have all that they need, are fed, clothed, and loved. We need to remember to look after our own needs. It is so important to make time for ourselves. Take that walk. Take that time to sit down and have a cuppa. Catch up with friends via the internet. Have a long soak in a warm bath. Read our book. Watch our favourite soap. Paint our nails. Whatever makes us feel good about ourselves?

By doing these things we are recharging our batteries, filling our cup, boosting our self-esteem – however we phrase it – know one thing ..... we are important too.

How can we give when we’re running on empty? How can we be the best version of ourselves if we don’t feel valued? It is not selfish..... It is important.

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**My HOMESCHOOLING Schedule**

- 9am: Home Economics- Learn how to make me a decent coffee.
- 10am: Engineering- How to operate the vacuum cleaner and washing machine.
- 11am: PE- Carrying rubbish/recycling out to bins.
- 1pm: Chemistry- How to bleach and disinfect the bathroom.
- 2pm: Geography- Lesson in where the items you have strewn across the floor ACTUALLY live.
- 3pm: Orienteering- How to find wash basket.
- 3.30pm: Horticulture- Chopping veg.
- 4:30pm: Science- Learn how hot water and fairy liquid remove grease from pans.
- 5pm: After school club- Go to your room with your iPad and be quiet!

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**BB4K Consultation by Telephone:**

If a parent OR young person requires a telephone 121 consultation with BB4K Worker:

Email **BB4K@pactcharity.org** with name and contact details.

BB Worker will email reply with a time slot for this consultation to support 121 and will call at the agreed time.

Referral Forms will need to be completed for 121 consultations.

We also have a **Bounce Back 4 Kids private group** on Facebook. This is invite only and private so please contact BB4K. We can use this for more direct support and forum/chat discussions.

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**Important Information**

- The National Domestic Abuse Helpline; confidential and available 24 hours a day 0808 2000 247
- Emergency Vet 0118 9960983
- Launchpad 10am-4pm 0118 9291111
- Support U Loneliness Line 0800 0495930
- W. Berks Community Hub 01635 503579
- Crisis Team 0300 365 99 99
- Gamblers Anonymous 0330 094 0322
- Alcoholics Anonymous 0800 917 7650
- Samaritans 0330 094 5717
- One Rdg Community Hub 0808 189 4325

**BB4K News, Advice and Support**

**Week 5 - You may not be where you want to be, but you might be a little further along than you have been giving yourself credit for!**

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**Panda Thoughts**

It’s okay if today is difficult

**KEEP TRYING**

Just because THINGS are HARD, doesn’t mean you’re WEAK

**OR YOU FAILED**

You’re STRONG

AND I BELIEVE IN U
There are plenty more of these parenting posters, visit their website at: www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting
<table>
<thead>
<tr>
<th>Week</th>
<th>1. Aladdin</th>
<th>2. Lion King</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Geography</strong></td>
<td>What country is the movie set in? What is the climate like? What language is spoken? Where did the tale originally come from? What is the terrain like? How does this terrain differ from yours?</td>
<td>What continent is the movie set in? What oceans/seas surround this continent? Draw the continent outline and research the countries within.</td>
</tr>
<tr>
<td><strong>Science</strong></td>
<td>Space</td>
<td>Life Cycles and food chains</td>
</tr>
<tr>
<td></td>
<td>Aladdin spends most of his time staring into the night sky or towards the palace. Although he doesn’t always see the same stars, as they seem to move. Do the stars move? Research planets and how they move within.</td>
<td>Choose an animal from the movie and draw a life-cycle poster. Design and draw a comic strip showing the food chain for the same animal.</td>
</tr>
<tr>
<td><strong>English</strong></td>
<td>Setting description</td>
<td>Narrative with dialogue</td>
</tr>
<tr>
<td></td>
<td>Choose from the following settings: Market, Cave of Wonders, Sultan’s Palace.</td>
<td>Write a side story linked to Timone and Pumba.</td>
</tr>
<tr>
<td><strong>Languages/Food Tech/D&amp;T/Art</strong></td>
<td>Draw the palace during sunset.</td>
<td>Design and make puppets to re-tell the story.</td>
</tr>
</tbody>
</table>
We want our children to feel loved and safe, but when our stress levels rise (and it's only natural that they would be high right now), we can suddenly find ourselves snapping or yelling at them.

Nothing good comes from us losing our cool. Instead of helping to solve the problem, we add fuel to the fire by escalating an already challenging situation.
Coping Skills for Kids

GET YOUR FREE INFORMATION BOOK explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler, written by Nosy Crow Blog.

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

Worry Time
- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or your problem solve to overcome them.

Thought Challenging
- Help your child to write down any unhelpful thoughts they have experienced. Try to challenge those thoughts with your child and come up with more realistic and helpful ones.

ACTIVITY PLANNING
- Create an activity diary with your child and help them to schedule in some pleasurable and achievement-related activities.

TALKING ABOUT FEELINGS
- Why not create a time each week where your child can speak to you about their thoughts and feelings.

3 GOOD THINGS
- Before bed spend some time with your child to identify and write down three good things they achieved from the day.

BEING PRESENT
- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

THOUGHT TESTING
- Try setting out some simple activities to help your child test out the validity of a thought.

IMAGERY
- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.

IT HELPS TO REMEMBER THE OBJECTIVE:
- We're staying in so we can go back out.
- We're staying apart so we can get back together.
- We're loving one another well so we don't make one another sick.
- All our hard todays are for a lotta happier tomorrows. - Beth Moore